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ABSTRACT

This book illustrates KiDnastics, an instructional model that simplifies the teaching of gymnastics, with teachers using traditional and nontraditional equipment to provide different practice environments. KiDnastics' three-step approach to teaching gymnastics has students first practice single skills, then sequence those skills together, then perform then for an audience. KiDnastics frames its content around five movement categories. There are 70 skills divided into 16 themes within the five movement categories. Illustrated task cards are provided. Part 1, "Understanding KiDnastics," includes: (1) "Rethinking Gymnastics Instruction: How KiDnastics Evolved"; (2) "Environmental Manipulation: An Approach to Skill Development"; and (3) "Teaching and Assessing KiDnastics." Part 2, "Practicing Environmentally," features (4) "Rolling Environments"; (5) "Jumping Environments"; (6) "Balancing Environments"; (7) "Vaulting Environments;," and (8) "Hanging and Climbing Environments." Part 3, "Sequencing and Performing KiDnastics Routines," includes (9) "Ideas for Sequencing and Performing", and (10) "Organizing and Performing KiDnastics Shows." (SM)

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